"A Study of the Requirements for Establishing Commural Meals
for the Elderly in Urban Areas "

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Abstract

Introduction

In recent years, there has been a situation in which the elderly, who are considered to have the most experience of living in a mutually supportive environment, have become the most numerous. In addition to the challenges of mutual aid and assistance, they are also at an age when their living areas are shrinking and they are experiencing social loss, so it is important to help each other in the community. Due to the limitations of in-home support due to the trend toward smaller families, external support is particularly important. Various academic fields are addressing these social issues, but there are also issues of continuity and sustainability. In order to contribute to community development by providing an appropriate platform for the exchange of information, which is essential for the health and daily life of the elderly, and to benefit from it even if the people concerned are indifferent to it, the author focused on eating outside the home. In order to contribute to the creation of a community where the elderly can eat together outside the home, the author focused on eating together outside the home to: 1) clarify the importance of food inherent in the individual in understanding eating together outside the home of the elderly living in the community; 2) evaluate the dietary status of the elderly living in the community and clarify the relevance of eating together outside the home; 3) understand the actual situation of eating together outside the home among the elderly; and 4) determine how to commercialize eating together outside the home among the elderly in the community. This study was conducted with the following objectives in mind: 1) to clarify what the relationship is among the elderly, 2) to understand what the actual situation is among the elderly in terms of home-delivered meals, and 3) to understand what perspectives are needed in the community in order to commercialize home-delivered meals.

Research structure and methods

Since this project focuses on both the individuals and the environment in which the elderly eat outside the home in urban areas, we conducted a survey of local residents,

professionals, places of eating outside the home, and the surrounding environment related to eating outside the home, with a focus on the elderly. Ethical considerations were mainly taken into account in the protection of human rights and consideration of disadvantages and risks, and the study was conducted with the approval of the university ethics committee and others.

Phase 1 (2011-2012): Research on the background of food craving among the elderly

Meals are served several times a day, and for the elderly, they are not only a source of health but also an important activity that adds color to their days. On the other hand, it also poses a daily risk of health problems such as aspiration and choking due to the decline in physical functions. In this study, we used an ethnographic approach to identify two types of informants, interviewed them, and conducted a qualitative inductive analysis using the Haddon Matrix to examine their attitudes and thoughts about food, which threatens safety and security in their daily lives.

Phase 2 (2012-2013): Research on health status and related factors related to food among the elderly

In order to clarify the actual nutritional status and related factors of elderly people living in the community, we used the Japanese version of the Mimi Nutritional Assessment Index Scale (Guigoz, 1996) (Kuzuya, 2005) with an interview survey method. A multiple regression analysis was conducted using the Mimi Nutritional Assessment Index Scale (Guigoz,1996) as the dependent variable, and the oral status (Naito,2006), dietary behavior and attitude (Takemi,2001), and food environment, including eating together, as explanatory variables.

Phase 3 (2016-2021): Research on components of out-of-home co-catering

In order to search for observational indices for out-of-home meals, we conducted a field survey of operators, users over 65 years of age, and implementation sites of out-of-home meals in communities with local issues in urban areas, without relying heavily on the conventional framework of elderly care. The geographic factors in the surrounding areas were examined through simple aggregate comparisons and correlations.

Phase 4 (2019-2021): Survey of out-of-home co-catering among elderly people living in urban areas.

We conducted a web-based survey of elderly people living in urban areas to understand the actual situation of eating outside the home, using indicators based on surveys (1) through (3), as well as an outside the home eating index that itemizes the degree of importance of choosing to eat outside the home, and the area of activity. After confirming the reliability and validity of the tentative version of the out-of-home meal index (access to location, spatial environment, communication with people and society, and physical

reasons) used in the survey, we conducted a simple tabulation and verified the relevance of each item and the surrounding area.

(5) Phase 5 (2020): Survey on eating together outside the home in urban areas among the elderly viewed within the framework of mutual aid.

In order to intentionally set up an out-of-home meal service as a social resource in urban areas, it is necessary to commercialize it as a social resource that the elderly can continue to go to. In order to do this, it is necessary to consider the following three aspects of community support: self-help (the attitude of voluntarily working to solve problems, and the way in which this is done), mutual help (the attitude and way in which people of the same generation or multiple generations support each other to solve problems, which supports self-help), mutual aid (the unidirectional way in which people are institutionalized, organized, and supported together), and public aid (the way in which people are publicly supported to solve problems that are difficult for individuals or the private sector to solve, and the way in which this is done). In this study, we investigated the actual situation of communal meals outside the home within the framework of mutual support in the community, and discussed the actual situation and environment surrounding communal meals outside the home.

Result

As informants, focus group interviews were conducted with 14 elderly people, and individual interviews were conducted with six community health and welfare professionals who support the elderly. A qualitative inductive analysis was conducted, and the results showed that the individual characteristics were [gradual decline in physical function and condition], [feelings of sadness and loneliness associated with aging], [continuation of risky eating behavior and eating habits], [desire for eating behavior and feelings of self-esteem], and [weak recognition of the danger of choking]. As environmental characteristics, the following were extracted: [situation of dangerous utensils and food environment that can lead to choking], [unclear recognition of choking and social environment with insufficient warning], and [reconciliation with the life and environment of caregivers involved in food].

We conducted a survey of 473 elderly people using a welfare center for the elderly, and analyzed all 296 respondents to the survey items. The results of multiple regression analysis, in which the total MNA score was the dependent variable and each factor was the independent variable, showed that the basic attributes of "economic status" (β=-0.15. $p<0.05$), "subjective health" (β=-0.15. $p<0.05$), and "social status" (β=-0.15. $p<0.05$) were significant, (β=-0.15, $p<0.05$), "subjective sense of health" (β=-0.04, $p<0.05$) for basic

attributes, "summative evaluation" of eating behavior and attitude (ß=0.23, p<0.001) for individual factors, "access to food at home" (ß=0.14, p<0.05), "eating with others" (ß=0.18, p<0.05) for environmental factors, and "access to food at home" (ß=0.14, p<0.05). 18, p<0.05).

3. Collecting case studies along the framework of mutual aid in the community, we collected information in terms of meeting places in stacked housing complexes in the suburbs (self-help and mutual aid), community cafes that exist as intermediate support organizations (mutual aid), and community cafes that are subsidized by the long-term care insurance system as intermediate support organizations (mutual aid and mutual aid) in their respective out-of-home mutual aid. Information was collected from the perspective of community cafes (mutual aid and assistance). It was confirmed that there were physical challenges in the maintenance of implementing out-of-home co-operative meals themselves due to the high aspect of self-help and mutual aid, and that cognitive and psychological fragmentation was likely to occur due to the fact that only specific users could utilize the service even in the neighborhood, thus promoting the negative aspect of out-of-home co-operative meals. On the other hand, the frequency of use of out-of-home food service with high openness, which has fewer physical and psychological operational issues, was high, and statistical normality was demonstrated. In the case of out-of-home meals at intermediate support organizations, the presence of a hub or branch may facilitate the transition from self-help to mutual aid and mutual assistance, as well as the accessibility of public aid, which is thought to be an effect of out-of-home meals. On the other hand, negative aspects such as the loss of freedom due to the new public value of away-from-home meals were also considered. There were three types of out-of-home help, and in particular, out-of-home help in areas close to residential homes was expected to have a large effect due to the presence of out-of-home help and the high awareness of the people involved, as social resources are scattered throughout the area and there is a sense of physical distance. We found that most of the users of the out-of-home meals as mutual aid in the intermediary support organization were elderly people who had problems with social mutual aid relationships, and that 80% of them had seen changes in their lives and feelings. Since most of the changes were positive, it was expected that there would be a positive effect associated with out-of-home meals. From the above, it is necessary to consider how to allocate resources for out-of-home meals for the elderly, and what kind of programs would be useful in developing out-of-home meals. The mean age of the respondents was 70.7 years with a standard deviation of 3.9, and most of them were healthy elderly people. For out-of-home meals, "location and access" were important. Most of the resources for out-of-home co-catering were restaurants

(61.2%), where people choose to eat out for a fee. On the other hand, an average of 3.8% of the respondents chose small or free social resources, indicating that they are not fully utilized by the elderly.

5. The out-of-home communal meals that were the subject of the study were verified in places where out-of-home communal meals were developed with mutual aid and assistance that could be expected to be sustainable in the community. The program planning was determined mainly by two key persons in the community who were making advanced efforts and one researcher in community planning. From extracting the awareness of social resources in the community, the Gulliver Map method was applied to plan a program that would allow the elderly to enjoy a walk on paper using a map so that their awareness of social resources and the area of their daily activities would be grasped and conversation among participants and supporters would be promoted. Participating elderly people (n=20) had [positive and secure feelings], [new stimulation and respect for individuality in receiving services], [new changes in social behavior], [new internal socialization], [feeling of livability], and [approach to health] through the out-of-home meal program, and their subjective QOL (Bowlling, 2011) showed a high QOL with a mean score of 4.13 (maximum 5), and the lowest score of the five sub-items was 3.8 for "social reciprocity. Elderly people who ate outside the home were categorized as <honor type>, <balanced type>, <benefit beneficiary type>, and <support for eating outside the home>, and were actively engaged in conversation and information exchange through eating and drinking.

Considerations

(1) What is the importance of food inherent in the individual in capturing the out-of-home co-feeding of elderly people living in the community?

As a result of the analysis, it is expected that multiple and interrelated individual and environmental characteristics will increase the risk of accidental choking, and it is clear that food for the elderly is not only important for nutritional intake, but also has a great value in terms of [desire for the act of eating and feelings of self-esteem]. It is possible that food for the elderly has a wide range of meanings in Maslow's hierarchy of needs, from low (life support) to high (self-actualization).

(2) The relationship between the elderly living in the community's own assessment of their dietary status and co-feeding

It was found for the first time in Japan that about one quarter of the elderly population is at nutritional risk, and a significant factor associated with this risk is eating with others. In addition to conventional health education for individual factors, we found that

it is necessary to develop comprehensive programs and systems that focus on environmental factors, and to examine environmental strategies to enhance coprophagia among the elderly. We found it necessary to examine environmental strategies to enhance coprophagia among the elderly. While individual approaches can be addressed through conventional nutrition education, environmental factors are more extensive and require larger budgets, and require a community planning perspective. However, the environmental factors have become more extensive and the budget size larger, and the perspective of community planning has become necessary. Therefore, it was thought that it was necessary to consider them as resources and to create a community waiting list from the perspective of appropriate utilization.

3) Conceptual organization and advanced examples of out-of-home communal meals for the elderly

Out-of-home cannibalism has both positive and negative aspects. Prerequisites such as preparatory factors, reinforcing factors, and realization factors existed, and through these factors, co-habitation was established, and the relationship between the existence of outcomes and each factor formula could be grasped. It was confirmed that there are factors that inhibit proactivity and social capital, such as pointing out the difficulties of eating outside the home, and that it is desirable to reexamine the legal framework, including urban planning, and to work on fostering an environment based on an understanding of the layout of surrounding resources. In addition, it was found that eating outside the home has the potential to play a role in lowering the barrier of "Yeh" as a place to foster mutual aid and assistance, and to make it easier for public assistance to enter. It is important to consider that out-of-home cafeteria meals are a resource for various exchanges, such as trust, network, reciprocity, information and tradition, which are components of social capital. However, in practice, it is important to consider the zoning. However, in reality, there are areas that are vacant due to zoning, and it is thought that some ingenuity is needed in urban planning. There were four types of out-of-home meals, and it was judged that travel distance and social interaction were desirable indicators for predicting out-of-home meals.

4) The actual situation of eating together outside the home among the elderly

Although many elderly people engage in out-of-home co-catering, the reality is that it is mainly out-of-home co-catering based on financial compensation, which was confirmed to be advantageous in urban areas. The study also confirmed that location and accessibility are important in consideration of physical background. On the other hand, it is easy to concentrate in familiar places, and it is important to balance the effective promotion of publicity, location, and social resources with other components of out-of-

home meals, such as the spatial environment and communication with people and society.

5) Resource allocation for out-of-home communal meals for the elderly and its commercialization

Although there are a variety of businesses in urban areas, this study was an attempt to see from what perspective to focus on communal meals outside the home as a social resource and to promote commercialization using that access. Since most of the elderly people's perceptions of food service outside the home are that it is outside the home, and that it is unbalanced and cannot be obtained without paying for it, there is a high possibility that they will fall into a vicious cycle if their health deteriorates or they become economically vulnerable, such as living on a pension. Therefore, it was thought that a project to expand the sphere of action through the appropriate placement of social resources for eating outside the home and to raise awareness of eating outside the home in addition to eating out would be effective. This is expected to lead to policies such as securing appropriate financial resources and to the activation of activities at the resident level, including the elderly. One of the most important characteristics of urban areas is that many elderly people live together to a certain extent, and it was thought that this would be more effective.

Conclusion

This study focuses on out-of-home meals for the elderly, and investigates and makes recommendations on the actual situation and the effectiveness of social resources. The study revealed the advantage of out-of-home meals supported by the economic aspect of individuals as a social resource for the exchange of information, including the health of the elderly, and the social relationship capital that attracts public assistance. Although there is a tendency for out-of-home meals to be effective in urban areas, there is a need to continue to study the placement of social resources using the evaluation indicators of this study in generalization.